

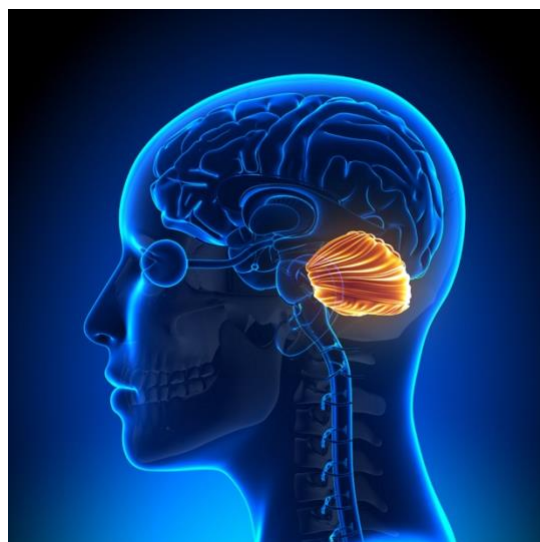
# Kinetic Flow 1-day Course for Movement Instructors

Movement is an expression of the quality of the information our brain gathers from both our internal/external environment, as well as how efficiently it processes this information. Our movement is literally a window into the current state of our nervous system, and so we can use it as a marker to identify functional asymmetries, and also as a treatment to deliver more quality input.

As movement practitioners, we are constantly searching for the next best exercise or stretch to help our clients reach their next level of performance or relieve that nagging hip pain that has been lingering for months or even years. If we consider that the only way in which the brain has access to the outside world is through our senses, doesn't it make more sense to combine stretching/movement (proprioceptive input) with other sensory systems to drive more neuroplasticity and thus regenerate more resources to grant you fluid & pain-free movement.

We have spoken before about the sensory homunculus and our brain's map of our body. It is this map of our body that allows our brain to generate efficient motor programs to help you move with the least amount of energy expenditure possible, helping you adapt to your environment. Our brain requires many things to build this map, but for us movement practitioners, stimulation is the piece of the puzzle that we are most concerned with.

Proprioceptive stimulation is one layer, but what about your visual system, or your vestibular system? How easy is it to walk down the street without visual input? How difficult is it for someone with an inner ear issue to maintain their balance and move with precision? How is the cerebellum functioning to be able to effectively integrate all these inputs in order to allow movement to be smooth and controlled?



These are questions we need to ask ourselves as movement practitioners, and then shift our focus to building a toolbox of assessments and treatments to help individuals facilitate brain integration before we begin to engage in movement in a class-based setting.

Being able to look for these subtle asymmetries that are unique to each of your clients, and have an array of drills that integrate all the sensory systems both before a class, during the class, or as a home program, is something that will set you apart from other practitioners.

The key is making it simple for your clients, in a way that they can take away this information, self-assess at home, and know exactly how to facilitate integration in order to push neuroplasticity in the right direction.

On our Kinetic Flow 1-day course, our aim is to equip you with the tools to integrate a bottom-up approach with a top-down approach. We teach you breathing drills, techniques to stimulate the lymphatic system, assessments/drills for each sensory system (proprioceptive, visual, vestibular, and cerebellum), and movements that refine our brains map of our body. If you are a movement instructor and would like to learn this cutting-edge information to help your clients facilitate pain-free movement and improve their performance, then our Kinetic Flow course is just for you.